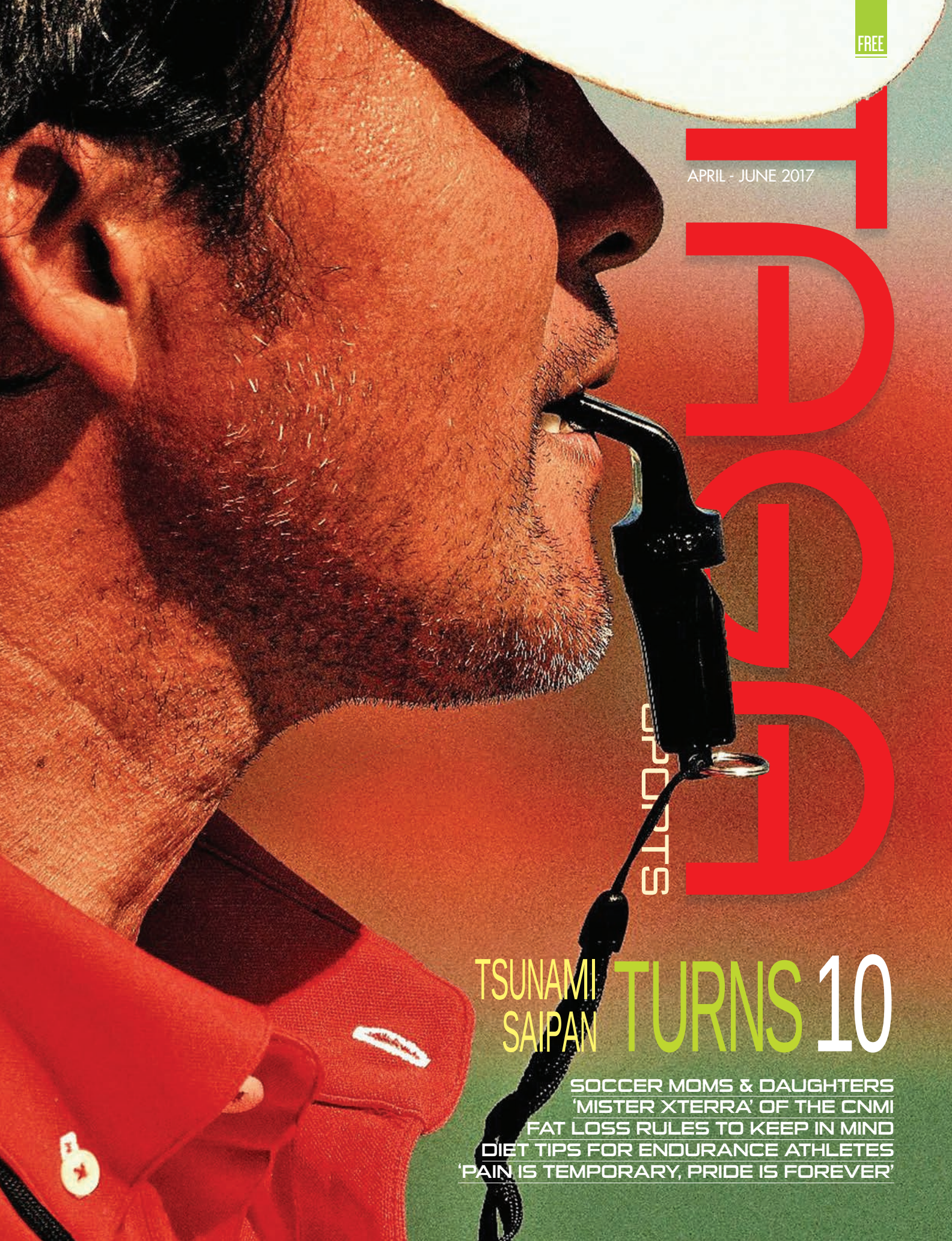

FREE

APRIL - JUNE 2017

PSD

sports

TSUNAMI SAIPAN TURNS 10

SOCCER MOMS & DAUGHTERS
'MISTER XTERRA' OF THE CNMI
FAT LOSS RULES TO KEEP IN MIND
DIET TIPS FOR ENDURANCE ATHLETES
'PAIN IS TEMPORARY, PRIDE IS FOREVER'

2017 SPORTS CALENDAR

Tan Holdings

Tan Siu Lin Foundation

APRIL

Rites of Passage 21: Throwdown
Trench Tech's first offering for the season will feature upcoming fighters hoping to make a name in MMA in the Marianas.

21st Annual Hyatt Charity Golf Classic
This fundraising tournament will be held at the Laolao Bay Golf & Resort with proceeds going to Make-A-Wish Foundation, Kagman High School Million Dollar Club, Marianas Behavioral Health International, Karidat, Empty Vessel Ministry Foundation, and the Northern Marianas Humanities Council.

CNMI Junior Tennis Championships
The last local tournament in Northern Mariana Islands Tennis Association's calendar of events for 2016-2017 and offers the most ranking points among the major competitions on Saipan.

MAY

McDonald's/PSS All Schools Athletics Championships
Students from both the public and private schools in the CNMI compete in running, throwing, and jumping events.

Northern Marianas Junior Championships
This Juniors ITF Circuit tournament will bring together boys and girls U18 players to Saipan to battle for ranking points.

2017 Guam Swimming Championships
Members of Saipan Swim Club and Tsunami Swimming Center Saipan head to our neighboring island of Guam for a two-day meet.

JUNE

CNMI District Tournament
Little League teams from Saipan, Rota, and Tinian fight for the rights to represent the Commonwealth in the Asia Pacific/Middle East Regional Baseball Tournament.

Asia Pacific/Middle East Regional Baseball Tournament
Saipan will host this year's World Series qualifier in the Major, Junior, and Senior League divisions.

North Pacific Regional Championships
Players from the CNMI, Guam, Palau, and the Federated States of Micronesia compete for slots on the North Pacific Team that will see action in the 2017 Pacific Oceania Junior Championships in Fiji in August.

This advertisement is sponsored by Tan Siu Lin Foundation

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Question. Where did the adage, "This too shall pass" come from?

Before you answer that, I should point out that I keep telling myself that each time I have to get up for gym. I have a twice-a-week schedule to work out. The Saturday schedule is not so bad. Getting up at 9am for a 10:30am schedule on the Reformer doesn't require too much pep talk. I need not convince myself to make that short drive.

It is the Wednesday schedule that takes it almost all out of me. My Wednesday time on the Reformer is at 5:30am. Yes, you read that right. It's at 5:30am. The whole world is still in pajamas, the bed is warm, and the AC is pleasantly chilly. The urge to burrow and get under the covers is a fantasy that I have to shake off at 5am just so I could make it in time for the gym class. The silver lining that gets me out of bed? A vaguely remembered plan to move the schedule to a time when the sun is actually up.

Yet I have to show up at the gym. I don't really have a choice in the matter. As one of our writers, Dre Delos Santos, posted on his social media page: At some point, you're going to realize that you can't get much done if you only work on the days you feel good.

Rebuilding muscles I didn't know I have and had lost to atrophy is a shock when getting out of the car, which used to be a breeze, now feels like my *gluteus maximus* is nailed to the seat. And it's not just getting in and out of the car. Standing in line, navigating the grocery aisles, even just plain standing is a challenge. My gym instructor tells me it's about re-educating my muscles. Engaging one's core for standing is easier written than done. So yes, I have become a believer in the truism that "This too shall pass," that a time will come when I can consider walking along the Beach Road pathway a pleasanter option, that walking will soon move to biking and then on to running. I used to swim….a lot…and I can't wait to see if I still have it.

As for the answer to our original question, the adage is actually ancient, dating back to the Sufi poets of Persia. One such poet, the mystic Attar of Nishapur, in what is now known as northeast Persia, is credited with the saying. As told in a Persian fable, a king gathered all his wise men and asked them to come up with a ring that will make him happy when he is sad. After thinking about it long and hard, the group gave him a ring etched with the words "This too will pass." Wikipedia says it had the desired effect to make the king happy when he is sad. It also, however, became a curse for whenever he is happy.

JAYVEE VALLEJERA
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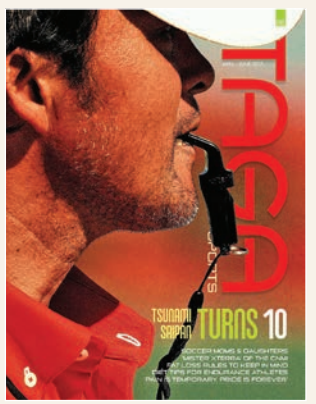

COVER ART
Cover photo shows Tsunami Swimming Center Saipan coach Hiro Kimura leading one of the club's training sessions.

CONTRIBUTED PHOTO

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WRITER'S BLOC

KAISA ANDERSON

Kaisa is a registered dietitian for the Public School System. She discovered the beauty of running a 10K race this past March. Not only does it require less training compared to a half or full marathon, but recovery is easier too. It almost makes her think she wants to run that distance every weekend...almost.

DRE DELOS SANTOS

Dre earned his bachelor of science degree in Kinesiology at the University of Hawaii, and now runs his fitness business as a certified strength coach in Honolulu, Hawaii.

ROSELYN MONROYO

Roselyn has never played soccer but played once in an inter-company futsal league. Though she never scored a single goal in the entire competition, she has a lot of good memories from the "comedy plays" with her colleagues, who were also new to the sport.

JON PEREZ

Jon spent two consecutive Saturday mornings somewhere in the northern part of the island taking photos of the bike portion of the inaugural Ironman 70.3 Saipan, and the mountain bike and trail run legs of the 16th XTERRA Saipan Championships.

MARK RABAGO

Mark finally acceded to have his left knee examined by an orthopedic surgeon earlier this month. The prognosis was a torn meniscus probably from a basketball injury more than a decade ago that only became worse when he fell awkwardly after being fouled in a Mobil caging game earlier this year. He hopes to pick up swimming while rehabbing from the knee injury, which requires surgery.

Email letters to the editor to editor@saipantribune.com or mail to PMB 34, P.O. Box 10001, Saipan MP 96950. Submissions to TAGA Sports must include the writer's name, village address (no P.O. boxes), and daytime phone or mobile number. Letters may be edited for length and clarity and may be published or used in any medium. All submissions become the property of the publication and will not be returned.

SWIM, CYCLE, RUN

TOP DIET TIPS FOR ENDURANCE ATHLETES

KAISAANDERSONRD
TAGA *Sports* Contributing Writer

The Marianas is home and a main destination to many endurance athletes who prepare and train for competition in triathlon events held every year. The succession of events in the spring attract familiar faces for each event as athletes try to improve their personal bests and push their limits to win. Preparing for these events is no easy feat as these athletes have committed to long and hard training for epic courses to conquer. When it comes to diet for endurance athletes, a study found that most endurance athletes rely on "trial and error" methods to find their best diet practices. To help, I have researched, gathered, and studied what experts say on what will help you swim, cycle, and run your best on competition day.

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FREE ORAL CANCER SCREENINGS!

Screening is simple, painless & quick

A 3-minute oral cancer screening may just save your life!

Risk factors for oral cancer include:

- Chewing betel nut with tobacco and other additives (Major leading cause of oral cancer in the CNMI)
- Use of tobacco products
- Excessive use of alcohol
- Sun exposure

Signs and Symptoms of oral cancer:

- Mouth sore that does not heal
- White/red patch in the mouth that is persistent
- Unexplained bleeding in the mouth
- Difficulty chewing, swallowing, speaking or moving the tongue
- Hard, raised lesion (lump), crusts, eroded areas on the lips, gums or other areas in the mouth

Please call the CHCC-DPH Dental Clinic at 236-8369 to schedule your free oral cancer screening.

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CNMI COMPREHENSIVE CANCER CONTROL PROGRAM

ROSELYN MONROYO

Low carb diets are not your best friend. Contrary to popularity among athletes and the sports nutrition world, low carb diets will not benefit a swimmer. Athletes may be drawn to this type of diet because they want to increase muscle mass and lower fat stores, but this is not the way to do it. The lack of eating carbs causes the body to compensate by using protein as an energy source. Instead, eat the recommended amount of protein for your body build.

Carb season, the best time of the year. If you swim more than you cycle or run, your carbohydrate intake needs to match your training schedule. When training during swim competition season, your carbohydrate intake needs to be higher to match energy used. In contrast, if you are off competition season, your workouts won't be as intense or frequent, requiring lower amounts of carbs and energy needs.

Feed your muscles, not percentages. For the general public, eating of carbohydrate, protein, and fat are based on a percentage of your calories for the day. However, the International Swimming Federation recommends aquatic athletes determine carb needs based on your body's lean muscle mass, training volume, VO2max, and performance goals. Tailoring your carbohydrate to your needs will better fuel and enhance your body to its best potential.

Timing is everything. Protein is important, but FINA experts recommend eating what your body needs, and not overloading your diet with tons of extra protein. Make sure to meet your protein needs each day by eating 4-6 meals with a protein source at each period. Most importantly, replenish protein and energy stores within 30 minutes of a training session to reduce fatigue, muscle loss, and soreness. To do so, FINA recommends a rapid digesting protein source with leucine; such as a meal supplement or protein shake for post recovery from a competition or training.

CNMI NPW national prevention week

MAKING EACH DAY COUNT

2017

May 15-19, 2017

Join the CHCC's Community Guidance Center in educating CNMI on healthy living and the power of PREVENTION to help prevent substance abuse and mental health disorders!

MAY 15 ROTA	MAY 16 SAIPAN	MAY 17 TINIAN	MAY 18 SAIPAN	MAY 19 SAIPAN
NPW ISA FUN RUN & POSTER CONTEST ANNOUNCEMENT	POSTER CONTEST ANNOUNCEMENT	NPW ISA FUN RUN & POSTER CONTEST ANNOUNCEMENT	SPIRIT WEEK SCHOOL VISIT & RADIO TALK SHOW	NPW PAJAMA FUN RUN & ROADSIDE WAVING

SAIPAN, ROTA, & TINIAN

POSTER CONTEST
(Grade School & Middle School Students)

- Due on May 10, 2017 at 4:30 PM
- Use 11" x 17" poster (If needed, pick-up at Prevention Offices)
- Any Art Medium (No print, digital artwork, & photography)
- Prizes includes Art supplies, featured on 2018 NPW Calendar, and more!

SPIRIT WEEK (High School Students)

- May 15, 2017 (Monday) through May 18, 2017 (Thursday)
- First 10 students that follow the theme will get a prize!

THEMES:

- **Monday, May 2017 –** Too Smart To Do Tobacco: Wear your class shirt or color.
- **Tuesday, May 16, 2017 –** Team Up Against Alcohol, Tobacco, and Other Drugs: Hats and Sports Day.
- **Wednesday, May 17, 2017 –** Prescription Drugs Misuse: Super Hero Day Dress up like your favorite superhero.
- **Thursday, May 18, 2017 –** Marijuana Prevention: Twinsie Day (Slogan: A friend in deed, won't make you smoke that weed.) Dress up like your friend who has a positive influence in your life.

CNMI NATIONAL PREVENTION WEEK
FOR MORE INFORMATION:

SAIPAN: Charnessa "Chenny" Lizama
npwcnmi@gmail.com (670) 323-6560

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This advertisement is made possible by the Substance Abuse and Mental Health Services Administration with CHCC: Community Guidance Center - Substance Abuse Prevention Services Unit.

CGC-Prevention Services Unit cgc_prevention cgc_prevention

CLICK-IT OR TICKET

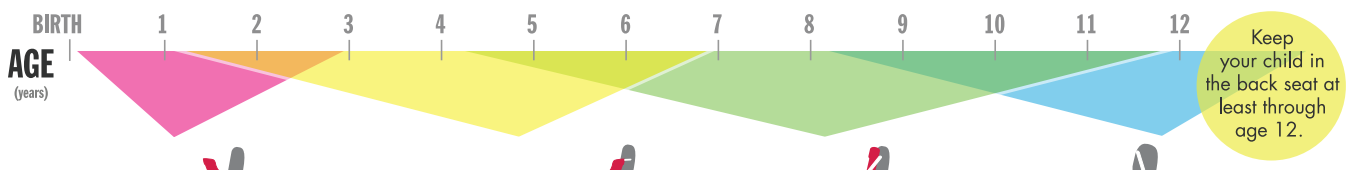
National Seat Belt Enforcement Mobilization

May 22 - June 04, 2017

CLICK IT OR TICKET DAY & NIGHT

Car Seat Recommendations for Children

- Select a car seat based on your child's age and size, and choose a seat that fits in your vehicle and use it every time.
- Always refer to your specific car seat manufacturer's instructions; read the vehicle owner's manual on how to install the car seat using the seat belt or LATCH system; and check height and weight limits.
- To maximize safety, keep your child in the car seat for as long as possible, as long as the child fits within the manufacturer's height and weight requirements.
- Keep your child in the back seat at least through age 12.



REAR-FACING CAR SEAT

Your child under age 1 should always ride in a rear-facing car seat. There are different types of rear-facing car seats: Infant-only seats can only be used rear-facing. Convertible and 3-in-1 car seats typically have higher height and weight limits for the rear-facing position, allowing you to keep your child rear-facing for a longer period of time.

FORWARD-FACING CAR SEAT

Keep your child rear-facing as long as possible. It's the best way to keep him or her safe. Your child should remain in a rear-facing car seat until he or she reaches the top height or weight limit allowed by your car seat's manufacturer. Once your child outgrows the rear-facing car seat, your child is ready to travel in a forward-facing car seat with a harness.

BOOSTER SEAT

Keep your child in a forward-facing car seat with a harness until he or she reaches the top height or weight limit allowed by your car seat's manufacturer. Once your child outgrows the forward-facing car seat with a harness, it's time to travel in a booster seat, but still in the back seat.

SEATBELT

Keep your child in a booster seat until he or she is big enough to fit in a seat belt properly. For a seat belt to fit properly the lap belt must lie snugly across the upper thighs, not the stomach. The shoulder belt should lie snug across the shoulder and chest and not cross the neck or face. Remember: your child should still ride in the back seat because it's safer there.

DESCRIPTION (RESTRAINT TYPE)

A **REAR-FACING CAR SEAT** is the best seat for your young child to use. It has a harness and in a crash, cradles and moves with your child to reduce the stress to the child's fragile neck and spinal cord.

A **FORWARD-FACING CAR SEAT** has a harness and tether that limits your child's forward movement during a crash.

A **BOOSTER SEAT** positions the seat belt so that it fits properly over the stronger parts of your child's body.

A **SEAT BELT** should lie across the upper thighs and be snug across the shoulder and chest to restrain the child safely in a crash. It should not rest on the stomach area or across the neck.

Anchor. Tether. **LATCH** The next generation of child safety.

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COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS OFFICIAL SEAL

DEPARTMENT OF PUBLIC SAFETY

JON PEREZ

Don't cram for the test. I am referring to carb loading. Endurance athletes have been known to carb load the night or day before a competition or race. In doing so, they are hoping to build up carbohydrate stores to fuel their muscle during the many hours of racing. In short, a study found athletes did better by increasing their carbohydrate intake for three days prior to their 3-hour ride. The study found the cyclists had more energy for their muscles to function, more power to pedal, and extended their distance covered in one hour time of cycling. Wow!

Not liquid gold. In another study, the use of liquid carbohydrates, known as glucose, was given to cyclists' right before a training session. You might think this is instant energy, or liquid gold for athletes. However, this study found all the athletes had a drop in energy because of a low blood sugar at one point in their workout. This has led experts to believe concentrated carbohydrates in large amounts right before a race will not enhance your performance on the course. Eat something before the race, but there is no need to go nuts. Concentrated forms of carbs can also contribute to stomach pains and irritation during races making you bike to the bathroom instead of the finish line.

You can't have one without the other. If you have not been drinking water days before your race you are already behind. It takes 3 grams of water to store 1 gram of carbohydrate in your muscle. So not only do you need water for your body to work properly, you also need it during carb loading to prep the muscle before the race. During the race, the British Cycling Federation recommends to keep yourself hydrated on the bike by taking 2-3 gulps every 10-15 minutes. They put it perfectly, "you're not drinking for that moment, but 10-20 miles down the road."

Women's Health Month

Your health at every age.

YOU'RE IN YOUR 20S! TAKE THESE STEPS FOR BETTER HEALTH

Do you know what you can do in your 20s to live a healthier life? Use this list! Pledge to follow one or all of the steps below. Then get the conversation started at your next well woman visit with this list.

To live a healthy life, I will:

GENERAL HEALTH

- Get an annual well-woman visit
- Get my blood pressure checked
- Eat healthy
- Maintain a healthy weight
- Get at least 30 minutes of physical activity most days
- Quit smoking or don't start
- Limit alcohol use
- Get a seasonal flu shot
- Ask what other shots I need
- Talk to my doctor about any domestic and interpersonal violence

REPRODUCTIVE AND SEXUAL HEALTH

- Choose the right birth control if I have sex
- Talk to my doctor about whether I plan to have children in the next year
- Talk to my doctor about when I need a Pap test (21 and older)
- Talk to my doctor about my risk for sexually transmitted infections and need for screening
- Get an HIV test at least once in my lifetime
- Get tested for chlamydia and gonorrhea
- Get the HPV vaccine if I have not yet received the series of shots (26 and younger)

DISEASES AND CONDITIONS

- Talk to my doctor about getting my cholesterol checked if I have a family history of heart problems
- Talk to my doctor about my family history of cancers
- Talk to my doctor about getting screened for hepatitis B and hepatitis C
- Talk to my doctor about stress, depression, and other mental health concerns

If you are pregnant, prenatal care can also be a well-woman visit. There are also certain tests during pregnancy to check your and your baby's health. Schedule an appointment with a doctor to learn what you can do before, during, and after pregnancy to give your baby a healthy start to life and to take care of yourself, too.

Womenshealth.gov
Office on Women's Health, U.S. Department of Health and Human Services

For more information, please contact: Division of Public Health Services - Maternal and Child Health Bureau
Tel #: (670) 664-8703 • Fax #: (670) 233-8700

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Avoid withering up and dying. A friend of mine is an avid runner and found he was losing weight quickly with weight differences of a significant amount of pounds between morning and night. After a quick assessment of his caloric needs and rough diet history, it was apparent he wasn't eating enough. Endurance runners burn thousands of calories every day because of their high metabolic rate and hardcore training. It is essential to eat the calories needed to protect your muscles from being used as energy. In these cases, consider eating high-calorie supplementation or snacks to make up for burned calories.

Add a pep to your step. Caffeine can still be controversial since its removal from the banned substance list in 2004 by the International Olympic Committee. However, studies have shown small doses of caffeine can enhance your performance. The *Journal of Sports Science* summarized a possible effective strategy of taking 2-3 mg per kilogram of body weight of caffeine 60 minutes before a race, and follow that dosage of 1 mg per kilogram of body weight every two hours. Additionally, caffeine in small doses of 1-2 mg per kilogram of body weight can also have positive effects in the middle of a workout, even if an initial dosage before the race was not taken.

Perform a Sweat Test. Studies reported by the German *Journal of Sports Medicine* found typical sweat rates of male half marathon runners is 1.49 liters per hour. However, to make an individual plan you can perform your own sweat test on yourself to better estimate your fluid needs. It's simple enough: weigh yourself before a workout with minimal clothing and then again within 10 minutes after finishing your training. Make sure to subtract the amount of fluid and food consumed during the workout from your weight difference. All that is left is to convert the water weight into milliliters (use a calculator on the internet—so easy!). If you worked out more than an hour, divide the milliliters by your workout time so you know how much you need to drink during your big race to avoid muscle fatigue and dehydration. Voila!

Despite the struggles with carbohydrate usage, dehydration, and digestive distress during races, there are nutritional strategies to combat these setbacks. Proper hydration, nutrition, and carb loading can significantly change the way you race at your next event. So I hope your days of "trial and error" nutritional strategies are limited, and you can apply these new practices recommended by experts. Happy swimming, cycling, and running!

ROSELYN MONROYO

HOW TO TALK ABOUT
BULLYING?

Parents, school staff, and other caring adults have a role to play in preventing bullying.

YOU CAN:

- **Help kids understand bullying.** Talk about what bullying is and how to stand up to it safely. Tell kids bullying is unacceptable. Make sure kids know how to get help.
- **Keep the Lines of Communication Open.** Check in with kids often. Listen to them. Know their friends, ask about school, and understand their concerns.
- **Encourage kids to do what they love.** Special activities, interests, and hobbies can boost confidence, help kids make friends, and protect them from bullying behavior.
- **Model how to treat others with kindness and respect.**

"Visit Stopbullying.gov to learn how to be more than a bystander and what you can do to address bullying in your community."

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FAT LOSS RULES TO RULE THEM ALL

CONTRIBUTED PHOTO

Eugenia performs a Reverse Sled Drag under the watchful eye of fitness trainer Dre Delos Santos.

1 CARDIO IS STILL IMPORTANT

I've said many times in the past it's possible to reduce your body fat and improve your body composition with little cardio. I'm not anti-cardio, so don't take things out of context. There is a caveat.

If you're a part of population that works the typical 9-5 shift sitting at a desk, your energy expenditure is going to be relatively low compared to the person who works in... let's say, construction or delivery. Guess who needs cardio? In order to facilitate lipolysis (breakdown of fat) you have to increase your energy expenditure. So yes, that means you're going to need to add in some form of cardiovascular/aerobic work in conjunction with strength training. Whether it's high-intensity interval training or steady-state cardio, that's entirely up to you. There's no right or wrong. They both work.

2 YOUR DIET IS WHACK

It's no question, folks. Looking to lose weight are more prone to fads and gimmicks—and because of that they engage in many dietary practices. Just because something makes you lose weight doesn't necessarily mean it's healthy for you (i.e. juice cleanses, detox). What you ideally want in a diet is sustainability, nourishment, enjoyment, and... does it actually promote a healthy lifestyle? Put it this way, if your diet sucks no amount of exercise is going to overcome that.

Don't mistake simple for ineffective. Rather than resort to extreme methods, you'll find that all the magic can be found in getting quality sleep, adequate hydration, eating your fruits and vegetables, and minimizing junk food.

3 FAT LOSS IS NOT LINEAR

My primary goal has never been fat loss. It's always been about getting strong and building lean muscle. Having said that, what we need to appreciate is that progress is never linear. From a coaching standpoint, it's really hard to pick the best course of action for individuals who keep second-guessing if what they're doing is right. If you expect to *see results after having only done two weeks' worth of training, you're delusional.*

It's not a sexy answer, but you have to be patient. Just because the scale didn't drop in one week doesn't necessarily mean you're not heading in a positive direction.

Take home message: the body transforms in a wave-like approach.

4 YOU GO `SCREW IT MODE'

I applaud discipline and consistency, but to deprive yourself of a certain food group results in unwarranted mood swings and self-sabotage. If you continuously tell yourself you can't have something, all you're going to do is fixate on that. On some level avoiding it entirely does help, but believe me when I say: *the longer you restrict yourself, the bigger the binge.* One bite or serving of indulgence then all hell breaks loose and you have now entered, *"screw it mode."* This phenomenon repeatedly happens — and unfortunately, it makes it more and more difficult for you to lose fat.

More pressingly, food avoidance in an effort to lose fat only works in the short-term. In fact, I've found that not everyone can adhere to a protocol like that. True, it will create a calorie deficit which is essential for fat loss, but you're missing the big picture. Rather than avoiding completely, practice portion control and mindful eating. You can still eat the foods you want and still make reasonable progress, but you can't eat *as much* of it as you want. We want to develop good habits, and a rigid diet tends to lead us in the opposite direction.

SACRAMENTO BEE/MCT

Nicole Knapek grimaces during her dip exercise.

DRE DELOS SANTOS
TAGA *Sports* Contributing Writer

VACCINATE
YOUR SONS & DAUGHTERS
AGAINST HPV & HPV RELATED CANCERS!

HPV vaccination is HIGHLY RECOMMENDED at age 11.

HPV vaccines have been proven safe and effective in protecting males and females against HPV related cancers when taken in the recommended age groups (beginning at 11 years old) to ensure they are protected at a young age before they become adults. Preteens should receive all recommended doses of the HPV vaccine series long before they begin any type of sexual activity. Once a person has HPV, the vaccine is no longer effective

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CDC
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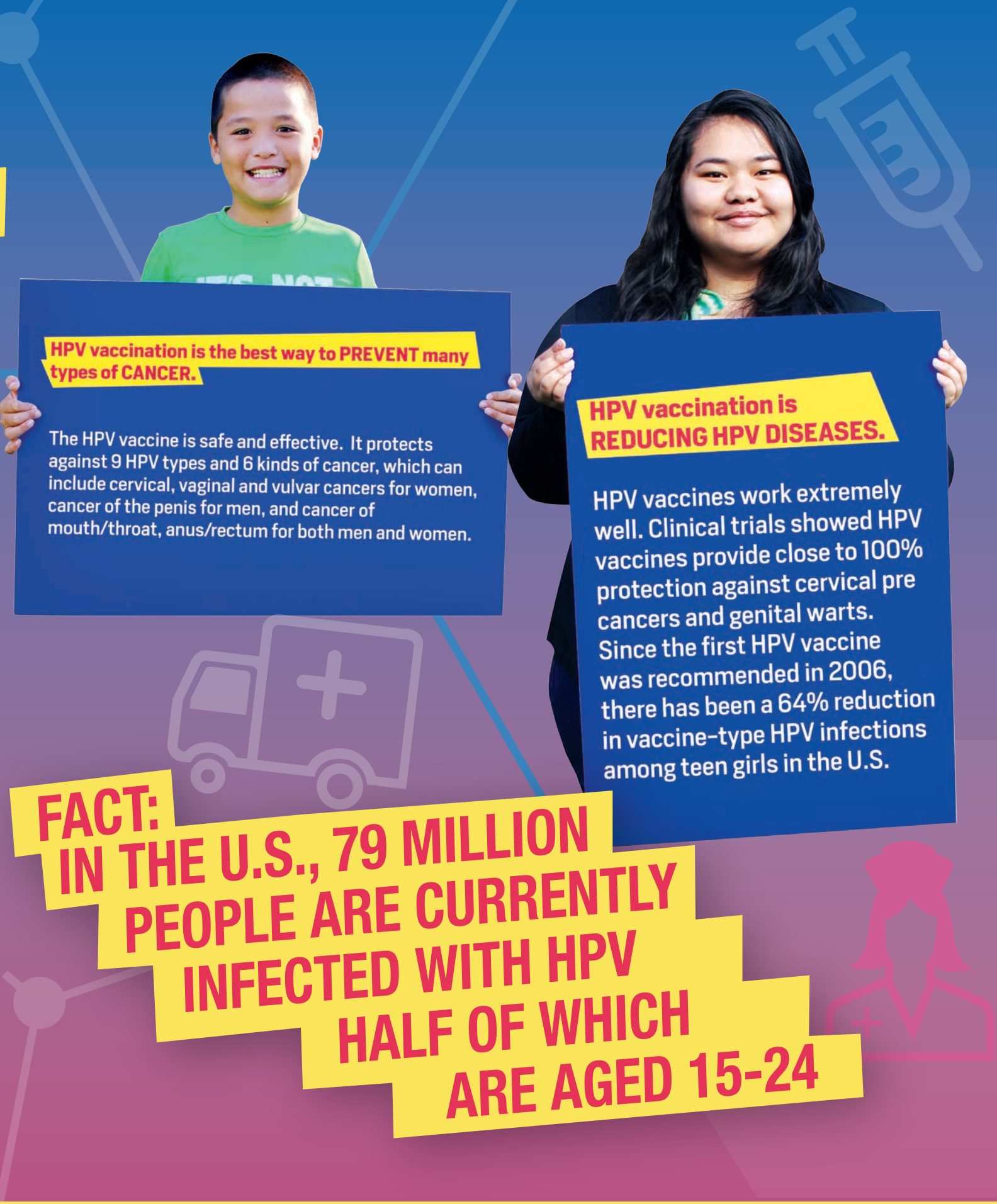
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'MISTER XTERRA' OF THE CNMI

JON PEREZ
TAGA *Sports* Staff Writer

Sports always have been a part of Tyce Mister's life. From his growing up years in sunny California where he was active in sports events, to when he relocated here on Saipan where he continued his love affair with endurance races, particularly triathlon.

"I ran my first marathon, 'The Summit Marathon' when I was 14 years old. And before that I had done century rides and multi day rides when I was 12, 13. One

The transition from swimming to biking, and then running is what drew Mister close to the sport. And he achieved quite a feat by finishing endurance races even before he reached 18 years old.

He also competed in three other Ironman distance races—one in Cairns, Australia, the Tagaman on Saipan last year, and the March 11 Ironman 70.3 Saipan.

Mister's parents have always been supportive of his sporting career, from the time when he was studying at the Cabrillo College in Aptos, California, where he was a member of the school's swimming and

time, my dad and I rode about 325 miles in 3 days down the coast of California riding with all of our camping gear. Swimming on the swim team we'd go the distance during one training session," Mister said.

Mister had competed in all triathlon events here on Saipan, including the XTERRA Saipan Championship, from its inaugural event on the island until last month's race where he finished third in the 50 to 54 age category with a total time of 4:02:46—26:01 (swim), 2:06:40 (bike), and 1:30:05 (run).

Yes, Mister is now 50, reaching the milestone before XTERRA Saipan's race happened on March 18. The previous month's XTERRA Saipan was the 16th time he completed in the 1.5-kilometer open water swim, 30-km mountain bike ride, and 12-km trail run.

He had his first triathlon as a high school freshman, where the swim leg was done in a pool while the bike and run legs were on the road. "It was only a time-trial triathlon and the swim was in a pool. You'd race down one lane and then dip under the lane line into the next lane. Then you swim down that lane and dip under again, repeating it until you get to the other side of the pool," said Mister.

He did better in the bike and run legs of the race. "I biked and passed a bunch of people. I ran and passed some more."

He was disappointed, though, once the results were mailed to him, as he could not find his name on the list. "I kept looking and looking, without looking at the top of the list. I finally found my name and I was in third place."

Completing his first triathlon lit a fire in Mister's heart, a turning point in his love for the multisport event. "Up to that point, I have been competitive in all three disciplines—swimming, cycling, and running. And when I first heard of a triathlon event in our area in California, I had to try it out."

water polo teams, to when he transferred to University of California-Santa Barbara where he rowed crew for one semester.

XTERRA Saipan, however, will be forever close to his heart and he intends to compete in triathlon races as long as he can. "For XTERRA Saipan, it seems like every race is an accomplishment. It felt pretty good, especially this year when two of my youngest sons ran with me."

He also considers racing with the pros an awesome experience. "There was a group of us that went out to Maui in 2002 after getting exposed to XTERRA earlier that year. These pro athletes were remarkable. When "Big Kahuna" Dave [Nicholas] told me the first pros would cross the finish line in just over two-and-a-half hours, I told him 'no way.'"

He thanks the local triathlon community and its various partners and sponsors for the support they have shown throughout the years. "Everyone is so supportive of each other and it is really cool." TS

MANY HOBBIES

Like most health-conscious people, Manny Sitchon was already physically active even when he was still young. He loves sports and regularly played basketball and tennis back in the days. He continued to do so when he worked in Dhahran and slowly got into running by joining several races in Saudi Arabia. But he was prone to injuries; these plagued him a lot while doing physical activities.

"I used to play a lot of tennis, basketball, and do long-distance running before I settled on triathlon. I experienced different types of injuries during that time. …Basketball is a very physical game involving a lot of movement, not to mention the pushing and shoving that give you muscle stress. You have to go forward, backward, do lateral movements, make sudden stops, and jump. These are all part of playing basketball."

The same holds true when playing tennis—excessive body and muscle movement. And if you do not have the proper swing you could end up with lateral epicondylitis—more popularly known as tennis elbow—where the outer portion of the elbow becomes sore and

'PAIN IS TEMPORARY, PRIDE IS FOREVER'

JONPEREZ
TAGA *Sports* Staff Writer

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tender, the forearm muscles and tendons are damaged because of overuse.

Sitchon suffered through a host of minor injuries, including spraining his ankles. That all changed, however, when he got into triathlon. "Unlike in other sports that I played, I noticed that I usually don't get injured since I began doing triathlon."

Which seems counter-intuitive since triathlon consists of three different sports—swimming, biking, and running.

He said that with triathlon, the stress that the body gets, from the bones to the muscles, are distributed separately, avoiding wear and tear.

"Running, biking, and swimming use different types of body strength. The swim [part] alone is one of the best advice a doctor normally gives whenever we experience muscle pain, fatigue, or compression on the sciatic nerve."

"I often swim on Mondays after a weekend of hard run or bike. Swimming relaxes my body after a hard Saturday and Sunday bike ride and run," he added.

A history of triathlon

Sitchon already knew about triathlon while he was still working at the Arabian American Oil Co. in the '80s but still preferred running. He would usually do long distance runs inside the ARAMCO compound where he also lived. "They would always hold fun runs every weekend. I joined the 5-kilometer races, then moved to longer distances."

He then moved to the CNMI, arriving on Saipan in 1999, when he became further immersed in the sport of triathlon.

"I watched the Tagaman triathlon that same year and, since I am familiar with long distance running even before coming to Saipan, I promised myself that I'm going to join the following year. I just needed to add swimming and biking to my training schedule."

Sitchon joined his first race on Saipan in 2000—the Tagaman triathlon—where he received a free slot courtesy of Bill Sakovich, who arranged for him to be part of Team Powerade or the CNMI National Triathlon Team that was preparing for an off-island event back then.

"I was actively participating in several triathlon enticer races and Bill Sakovich helped me get a free entry to the Tagaman."

"We used to have more [Japanese] participants back then, with Japan Airlines very supportive of the race. But they stopped their operations on Saipan and Tagaman's off-island participants, most of whom were from Japan, significantly went down."

Tagaman's race route back then started with the swim leg at the former Hafadai Beach Hotel, now known as Grandvrio Hotel. The bike leg was a three-lap ride along Beach Road from the fire station in Garapan to Pacific Islands Club, with the run portion from Hyatt Regency Saipan to the then-Diamond Hotel, now Saipan World Resort.

"I've witnessed so many changes to the Tagaman route ever since I started joining triathlons on Saipan. XTERRA Saipan was not being held yet on the island during that time," said the Quezon City-born Sitchon, who added that nobody encouraged him to try the sport.

"I just wanted to try something new and my desire to stay away from injuries landed me in this sport. The camaraderie within the triathlon community also made me switch to this sport," said Sitchon, who studied engineering at the National University in Manila.

Lawyer Joshua Berger was his regular training partner "since we both belonged to the same age group and had the same level of athleticism. He always gave me a good race whenever we competed against one another, be it in triathlon, running, swimming, or biking."

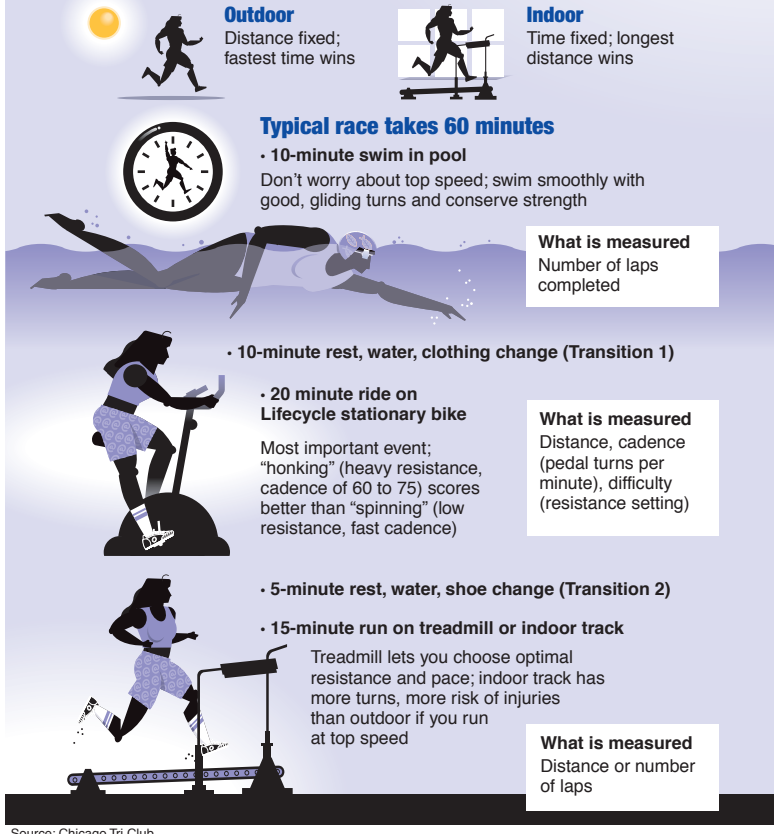
The feeling of completing a triathlon is always overwhelming. "Whenever you race in a triathlon, you're always on your own. I remember the overwhelming feeling of joy as I neared and crossed the finish line during my first race. It's not about winning the race; it is the sense of accomplishment."

"All those times when you wake early in the morning to run, spending hours of biking alone, the smell of chlorine or the taste of the salty ocean water in every swim practice…it is the culmination of all the hard work you've been through. As the mantra would say: 'Pain is temporary, pride is forever.'"

Personal Trainer

Indoor triathlon short, intense

Some people do indoor triathlons to stay conditioned for the real, outdoor thing; some run them just for fun and a unique challenge.


Outdoor
Distance fixed; fastest time wins
Indoor
Time fixed; longest distance wins
Typical race takes 60 minutes
• 10-minute swim in pool
Don't worry about top speed; swim smoothly with good, gliding turns and conserve strength
What is measured
Number of laps completed
• 10-minute rest, water, clothing change (Transition 1)
• 20 minute ride on Lifecycle stationary bike
Most important event; "honking" (heavy resistance, cadence of 60 to 75) scores better than "spinning" (low resistance, fast cadence)
What is measured
Distance, cadence (pedal turns per minute), difficulty (resistance setting)
• 5-minute rest, water, shoe change (Transition 2)
• 15-minute run on treadmill or indoor track
Treadmill lets you choose optimal resistance and pace; indoor track has more turns, more risk of injuries than outdoor if you run at top speed
What is measured
Distance or number of laps

Source: Chicago Tri Club
Graphic: Helen Lee McComas, Paul Trap, Tribune News Service

It's a date.

Every Sunday, three mother and daughter pairs drive to Chacha Oceanview Middle School to see action in the Dove/NMIFA Women's Football League. Patricia Coleman and her daughter Guinevere, Tess and Rachel Masga, and Catherine and Theresa Toves play for different teams in different divisions, but have the same passion—soccer.

It does not matter who got into soccer first or who is better. What's important is their common interest—playing the sport that further strengthen their mother-daughter relationship.

BONDED BY SOCCER

ROSELYNMONROYO
TAGA *Sports* Staff Writer

ROSELYN MONROYO

Patty and Guine.

PATTY & GUINE

Guine was only 4 or 5 years old when her mom suited up for the CNMI Women's National Team.

"I remember tagging along to my mom's games at the airport field and watching the national team compete. I never really forced myself into playing; it came naturally. At that time, it was just a fun way to get out of the house and socialize, but as I got older, I realized how fun soccer is and started to play for the youth league. As my competitiveness increased, so did my passion for the sport," said Guine.

"I asked her if she was interested

ROSELYN MONROYO

Tess and Rachel.

in joining when she was 5. She is a very good student in school and I thought soccer would be a good way to challenge her more and help her get a regular dose of vigorous physical activiy," Patty said.

From a spectator, Guine grew up to become one of the promising female players of the CNMI. She is now part of the CNMI Women's National Team training pool, in the footsteps of her mom.

"I am thankful that Guine and all females from age 4 and up have the opportunity to play soccer in the CNMI. When I was a youth in the CNMI, there were no organized league sports year-round for young girls like we have today for soccer. I was able to play for a time in Oahu as a youngster, so that's how I initially got into soccer. I thank my mom and dad for giving me that opportunity. So I guess when I see my daughter play, I think about all of the hours and sacrifices from family and former women's national team players, volunteer hours, donations from local businesses for [the Northern Mariana Islands Football Association], administrative hours, and the blood, sweat, and tears that helped build NMIFA and the opportunities today that exist for our women. Whatever Guine's successes are, we have many people to thank for the direct and indirect contributions they have made to the sport," Patty said.

Patty admits that her daughter is the better player. However, Guine was quick to point out that her mother has better communication skills on and off the pitch and this is what she wants to learn.

"The qualities I try to emulate from my mom are her aggressiveness and ability to communicate on the field during matches. She has more experience in the sport as a coach and a player and uses those experiences within matches," the 16-year-old said.

Mother and daughter support each other during games and do not shy away from giving criticism.

"I've been her coach a few times and am currently her coach for the Paire FC Women's A team. It is tough coaching your own child. Sometimes I cheer loudly and sometimes I just observe. I usually just ask her how she thinks she did. If she misses some key things in her self-assessment post-match, I'll discuss those things with her. I don't think we have similar playing styles. But what we do have in common is that I am critical of myself as a player and Guine is also critical of herself. We both don't want to let our team down," Patty said.

"My mom and I often play with and against each other, whether it be friendly matches or women's league festivals. It is always fun to see how we can surpass each other on the field. Most of the time, she assesses me during a match and lets me know how to improve myself as a player, while I encourage her to keep running. My mom is in good shape for a woman her age (36), but her fitness is not what it used to be," Guine said.

TESS & RACHEL

While Patty got into soccer ahead of Guine, it was the other way around for Tess and Rachel.

Rachel, along with her sister Michelle and brother John, used to play at the American Memorial Park and their mother would drop them off and often stayed to watch the games. Then, when NMIFA started a recreational women's league, Tess bought her own cleats and joined the fun.

"I just gave it a try and began with futsal before I eventually ended up playing for MP United in the recreational/masters league," Tess said.

As a late starter, Tess gets a lot of tips from her kids.

"I am trying to play goalie now, just like Rachel, and she is teaching me some techniques. When we play just for fun they always tease me that I'm so scared of the ball," Tess said.

"As far as teaching mom tricks or skills, the most I have ever taught Mom was how to properly kick the ball. My sister and I used to take turns

coaching Mom's team. I actually described her game as a comedy show in the morning," Rachel said.

Though she jokes about it, Rachel knows first-hand not to underestimate her 54-year-old mom's skill level.

"It happened during the 7 v 7 league in Kagman about two years ago. Mom was playing the striker position for the opposing team, while I was the goalkeeper for the defense. To my dismay, the ball was passed to my Mom, who was in the center of the field. She dribbled toward me, while I goofed around and expected her to kick the ball elsewhere. I stepped out of my box, approached Mom on a one-on-one play, when she chipped the ball over my head and into the goal. As she celebrated with her teammates, my mouth could not stay closed, in shock. I underestimated my Mom's 'skills' that day, but I could have never been prouder of her," the 23-year-old Rachel said.

Despite having her own team and trying to find her place in her division, Tess sees to it that she is still there to support Rachel and her other children's games and get them ready for matches.

"I always ask them if they have the complete uniform and equipment for the game. It's very seldom that I miss their games," Tess said.

And when she is watching, everyone will notice.

"I cannot hold myself from cheering loudly, because Rachel is a goalie and I even shout at her to catch the ball," Tess said.

Rachel returns the favor.

"When our games take place around the same time, I still cheer for that lady, especially when they put her as goalkeeper. She deserves the same support from me. I am what you call a 'stage daughter' when it comes to Mom on the field. I coach and cheer on the sidelines like a parent. She may not be the fastest and most skilled player on the field, but to me she's better than the MVP," Rachel said.

CATHERINE & THERESA

Catherine started as a soccer mom too, but that role changed one day when her daughter debuted in the women's league.

"They were one player short. Theresa and her teammates encouraged me to join them and play and I am glad I did," Catherine said.

Catherine now suits up for Kanoa Football Club's masters/recreational team in the Dove League, while her daughter is with Kanoa's B squad. Both serve as goalies for their respective teams.

At home, Catherine gives her daughter's advice, but at the pitch, it's the other way around.

Catherine and Theresa.

ROSELYN MONROYO

"She gave me great tips and encouragement. Like the roles have been reversed," Catherine said.

"It makes me happy and proud to see her playing. I can see she tries her best. I love it when she dives and makes great saves. I love to cheer for her. Maybe not as loud as her, but I do make it known that she is my mom and she does good," Theresa said.

Yet the soccer mom in Catherine still shows, as she constantly reminds Theresa and brothers Markus and Merrick to give their best every game.

"Before the games, I always remind my children to try their best and stay positive. Don't get upset or frustrated, as it leads to self-defeat. I do my best to cheer the entire team on. I can be pretty loud, especially when the game is so close," said the mother of four.

At the end of the match, Catherine and Theresa sit down and talk.

"If it was a close and hard loss, then we have discussions on what went wrong. Win or lose, it always ends in an 'I am proud of you' conversation," Catherine said.

DOVE WOMEN'S LEAGUE

Mothers and daughters and others are given the opportunity to showcase their skills and build relationships through the women's league, thanks to Dove, which has been supporting the league since 2015.

D&Q Saipan, through one of its suppliers, Unilever, the maker of Dove, has committed $30,000 for the NMIFA women's program for three years. The sponsorship money is used to defray the cost of running the league and other programs for women's football, such as clinics and more tournaments.

"It is absolutely great that women and mothers play in a league. The cheering from the audience and spouses in the women's master league is the liveliest of the three women's leagues, even though the league is 'non-competitive.' Some of the spouses coach the master's team and it can be quite entertaining at times. I encourage all women to come out and try it out. It's a great way to meet people and build friendships with women and people who you might not normally interact with," Patty Coleman said.

"NMIFA president Jerry Tan is to be commended for making it a priority that the men's and women's programs are given equal resources. I believe our FA is very progressive and a leader among football/soccer associations in this regard. This has been a major factor in the development of the women's game in the CNMI. We would also like to thank Dove for being the major sponsor of the women's league for the past few years," Patty added.

Players in the Dove/NMIFA Women's Football League and their families at the Hopwood Middle School Field.

CONTRIBUTED PHOTO

TSUNAMI MAR

Tsunami Swimming Center Saipan swimmers display the club's banner.

SAIPAN KS10

MARK RABAGO
TAGA *Sports* Associate Editor

CONTRIBUTED PHOTO

CONTRIBUTED PHOTO

Tsunami Swimming Center Saipan coach Hiro Kimura models a T-shirt emblazoned with the club's name.

Officially known as Tsunami Swimming Center Saipan, the club founded by coach Hiro Kimura has had its fair share of challenges associated with growth pains. This year it is celebrating its 10th anniversary.

Kimura is a purist. He founded Tsunami Saipan in July 2007 because he wanted a strict swimming club that would train members to be best they could be in the water.

"I wanted to make a swimming team… with no restraints. [A] child often com[es] to practice, [a] child who is trying hard on practice. I wanted to make a team that such a child gets correctly evaluated," he told TAGA *Sports*.

After being approved as a non-profit, Tsunami Saipan's next goal was to secure a place to practice. At that time they weren't allowed to use the Kan Pacific swimming pool.

"There were opponents against the establishment of a new swimming club. They did not feel comfortable with our actions. That made it impossible for us to use the Kan Pacific pool."

Rather than surrender, Kimura and his newly formed swimming club just made do of whatever was available. "Practicing could be done in any small pools or any deformed pools. Everyday, we went to the pools around the island and practiced. Two months later, we could finally swim at the Kan Pacific pool, depending on the pool owner's generosity. Initially, only one lane could be used. Since then, the number of swimmers started to increase," said Kimura.

The Tsunami Saipan coach said they started with just two swimmers—himself and one other. A month later, national swimmer Rezne Wong joined the club.

"Two months later, several swimmers came to our team. Four months later, we could open the beginner class at last. It was our dream! This finally made it possible to train swimmers!" he said.

During the first two years of the club's existence, Kimura said he worked hard to build camaraderie among his swimmers.

"It is important to bring up swimmers to the best of their ability, but team building is equally important. For two years I focused on building the team. The team grew wonderfully in two years."

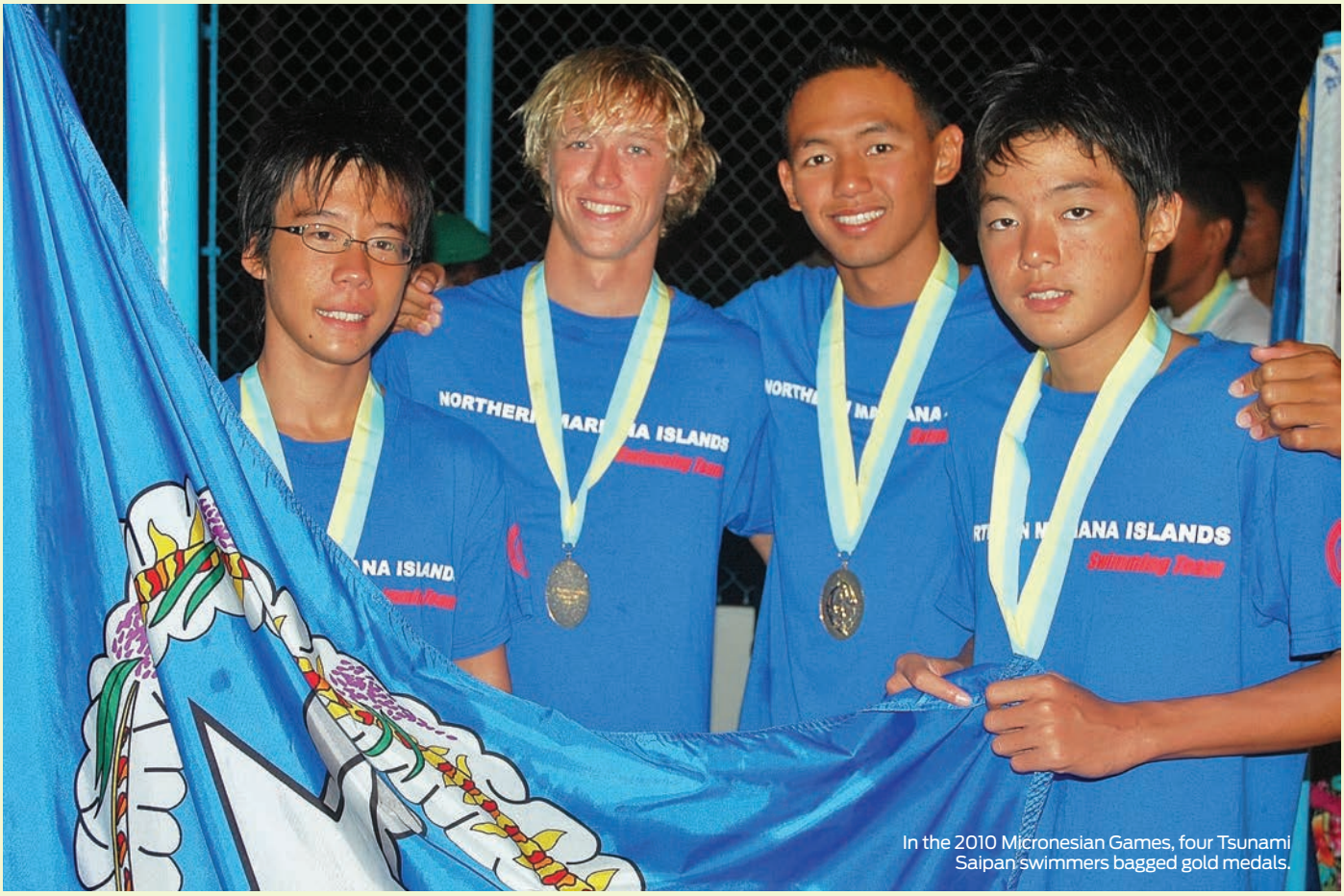
In their first few years, Kimura had two goals for Tsunami Saipan, which he called pillars. One was to break Saipan records "as many and as soon as possible" and the other was "to raise the children who started swimming at Tsunami Saipan to the level where they could participate in meets."

After getting their feet wet during their first regional meet in the 2007 Guam International Meet, Tsunami Saipan swimmers had their breakthrough competition the following year when Wong, then the team captain, marked a new CNMI record.

"It was the first CNMI record in our history and the other impressive thing was that Tsunami Saipan's first-generation students made their debuts in the February meet," said Kimura.

Tsunami Saipan's so-called "First

CONTRIBUTED PHOTO



In the 2010 Micronesian Games, four Tsunami Saipan swimmers bagged gold medals.

> It is important to bring up swimmers to the best of their ability, but team building is equally important. For two years I focused on building the team. The team grew wonderfully in two years.

Golden Generation" eventually broke a number of CNMI records one after another and in the process brought home a lot of trophies in the succeeding years.

Since 2007, Tsunami Saipan has been synonymous with success, not only in international and regional competitions but at the Kan Pacific Swimming Pool as well.

More than half of the Commonwealth's swimming records now belong to Tsunami Saipan members, Kimura said, especially in the 12-and-under age group, where the club's swimmers own more than 80 percent of the records.

"In total, we just keep updating CNMI records more than 200 times," said Kimura.

Four Tsunami Saipan swimmers participated in the Junior Pan Pacific relay in 2009. Tsunami Saipan swimmers also reset 12 CNMI records during the FINA World Championships that same year.

In the 2010 Micronesian Games, four Tsunami Saipan swimmers bagged gold medals and one of their members brought home a bronze from the 2014 Oceania Championships.

"Almost every year, a Tsunami Saipan swimmer wins at the Tokyo Junior Sprint, which is the one of biggest junior competitions in the world. Last year [2016], Ashley Dangol won it with a meet record," said Kimura.

To celebrate the club's 10th anniversary, Tsunami Saipan is planning a grand party where all former and present members, including their families, are invited.

Kimura also took the opportunity to thank individuals who were instrumental in the continued success of the club.

"I would like to thank Mr. Stan Good. If we didn't have his help and support, we would not have established Tsunami Saipan. Tsunami Guam coach Toshiki Iijima also gave me a lot of support. I'm sure I would have been frustrated without his encouragement."

He also gave kudos to Tsunami Saipan assistant coach Sanjay Dangol. "It is because of you that the team became so strong now. Thank you for your continued support".

"I wish to thank all parents. Tsunami Saipan has grown so strong because of your understanding and trust on the team. I will continue to do everything in my power to make sure our members will always be trained well and compete to the best of their ability."

To shed pounds, eat salad

Starting a meal with a healthy salad provides you with some good nutrients and can help cut the total number of calories in the meal, provided you choose ingredients carefully.

The right stuff

- Avoid high-fat foods, such as cheese, bacon and croutons
- Combine various greens with other low-fat veggies and fruits, such as peppers, cucumbers, carrots, celery and apples
- Dress the salad with high-quality olive oil and vinegar or other healthy dressing; avoid high-fat creamy ones

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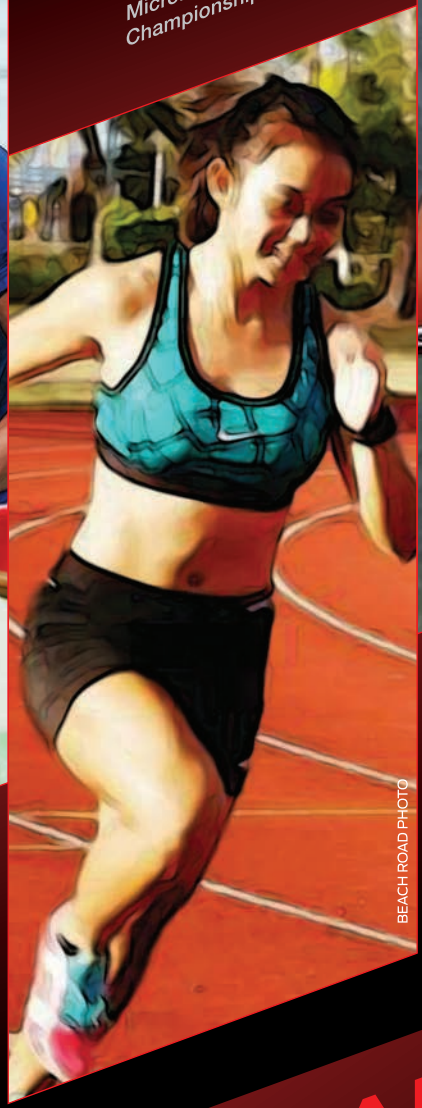
Source: U.S. Department of Agriculture

2016 TSL FOUNDATION/NMSA ATHLETES OF THE YEAR

CELEBRATE SUCCESS

Name: Joshua Andrew
Age: 24
Sport: Canoe/Paddling
Awards: 2016 NMSA Male Athlete of the Year; Winner in Inaugural Timmy Would Go Memorial Paddle Classic.

Name: Zarinae Sapong
Age: 20
Sport: Athletics
Awards: 2016 NMSA Female Athlete of the Year; Most Outstanding Female Athlete in the 2016 Micronesian Athletics Championships.



BEACH ROAD PHOTO

Name: Carol Lee
Age: 15
Sport: Tennis
Awards: 2016 Tan Siu Lin Foundation/NMSA Female Student Athlete of the Year; Highest world-ranked junior player in the entire Pacific.

Name: Robbie Schorr
Age: 15
Sport: Tennis
Awards: 2016 Tan Siu Lin Foundation/NMSA Male Student Athlete of the Year: No. 1 rank player in Pacific Oceania U14 Circuit in 2016.

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